

Weekly Diabetes Update

February 7, 2008

**1. Seminar: Building Evaluation Capacity to Get Things Done
An Introduction to Practical and Empowerment Evaluation**

The Nonprofit Services Consortium (NSC) of St. Louis, Missouri, is presenting a one-day seminar on **March 7, 2008**, on building evaluation capacity. This seminar is sponsored by the Missouri Foundation for Health, and is **free for health-related organizations**. For more information and to register, see the announcement on the NSC's website at <http://www.nonprofitservices.org/EvaluationInstitute.html>.

**2. Global 'Inspired by Diabetes' Creative Expression Competition Deadline
Extended Until March 31, 2008**

Global contest seeks expressions of the triumphs and challenges of living with diabetes through art, essay, poetry, photography and music. Eli Lilly and Company, the International Diabetes Federation (IDF), and the International Society for Pediatric and Adolescent Diabetes (ISPAD) today announced that the entry deadline for submissions into the global competition is extended until **March 31, 2008**. The global Inspired by Diabetes Creative Expression Competition is a contest asking people with diabetes, as well as their family and friends, to express how diabetes has impacted their lives—and share those stories with others around the world. For more information, read the article posted on Fox Business News at http://www.foxbusiness.com/markets/industries/health-care/article/global-inspired-diabetes-creative-expression-competition-deadline-extended_466771_10.html.

**3. BIOSAFE Labs and Glycemion to Provide Free Diabetes Risk Assessment Kits
to U.S. School Children**

BIOSAFE Laboratories, Inc., the developer of the BIOSAFE Diabetes Risk Assessment, and Glycemion, the United States distributor, have announced the availability of a limited number of test kits for use in schools to help identify diabetic and pre-diabetic children and adolescents. For more information, see the article posted on Fox Business News at http://www.foxbusiness.com/article/biosafe-labs-glycemion-provide-free-diabetes-risk-assessment-kits-school_465817_1.html.

**4. Statement of the American Diabetes Association on
the Administration's Proposal on Funding for
Research, Prevention and Treatment in FY09**

The American Diabetes Association (ADA) has issued a press release stating its position on President Bush's recent budget proposal for fiscal year (FY) 2009. You can read ADA's press release on their website at <http://www.diabetes.org/for-media/pr-statement-of-the-american-diabetes-association-020408.jsp>.

5. **California Campaign Improves Diabetes Care Disparities**

Disparities in care of diabetes patients in California decreased with the implementation of culturally appropriate, community-based interventions, according to a new study published in the February American Journal of Public Health. Rates of glucose control testing among Latinos with diabetes substantially improved relative to testing rates among non-Hispanic whites. The 3-year study was designed by Lumetra, California's Quality Improvement Organization and healthcare consultancy. You can read more in the press release posted on PR Newswire at <http://www.prnewswire.com/cgi-bin/stories.pl?ACCT=104&STORY=/www/story/02-01-2008/0004747721&EDATE>.

6. **Diabetes Research News**

- The National Heart, Lung, and Blood Institute (NHLBI) of the National Institutes of Health (NIH) has stopped one treatment within a large, ongoing North American clinical trial of diabetes and cardiovascular disease 18 months early due to safety concerns after review of available data, although the study will continue. In this trial of adults with type 2 diabetes at especially high risk for heart attack and stroke—called the ACCORD study (Action to Control Cardiovascular Risk in Diabetes)—the medical strategy to intensively lower blood glucose (sugar) below current recommendations increased the risk of death compared with a less-intensive standard treatment strategy. Read more in the NIH online press release at <http://www.nih.gov/news/health/feb2008/nhlbi-06.htm>.

In response to this announcement, the American Diabetes Association (ADA) has issued a press release encouraging people with diabetes not to alter their course of treatment without first consulting with their health care team. See the ADA press release on their website at <http://www.diabetes.org/for-media/pr-ada-statement-related-to-accord-trail-announcement-020608.jsp>.

- One way diabetes hurts your blood vessels is by creating too much competition for an amino acid, arginase, that helps blood vessels relax, researchers say. Researchers want to know specific factors and pathways involved in arginase activation and develop pharmaceutical agents to combat excessive arginase activity in diabetes. You can read more in the article posted on Science Daily at <http://www.sciencedaily.com/releases/2008/01/080131161759.htm>.
- In a recent study published in the journal Diabetologia, Professor Dana Spence and his team at Michigan State University found that C-peptide helps red blood cells absorb glucose, or blood sugar, which they use to produce ATP, the universal energy molecule found in all cells. C-peptide had been dismissed by scientists as a relatively useless byproduct of insulin production until about a decade ago. But, according to Professor Spence, C-peptide could alleviate blood flow problems, prevent strokes and help control blood sugar levels in type 1 diabetic patients. You can read more in the Lansing State Journal article posted online at <http://www.lsj.com/apps/pbcs.dll/article?AID=/20080203/NEWS06/802030667/1082/life>
- Pumping iron could play a previously unrecognized role in preventing obesity and diabetes, new research has suggested. Scientists made the surprise discovery that body builders' "type II" muscle helps to reprogram the whole body's metabolism, suggesting resistance training may be part of the answer to keeping the nation trim. For more

information, see the article posted on The Press Association's website at <http://ukpress.google.com/article/ALeqM5hchwpakqB07tDCckLALUyaFHvtRw>.

- Fifteen minutes is all it took to get overweight adults with diabetes to exercise more and begin to lose weight, a new study reports. Ten minutes were spent on a computer answering questions and about five were used to set some goals and create reminders for doctors to ask patients a few more questions. This low-cost pilot program run at clinics in Denver and Pueblo, Colo., could eventually help diabetic patients curb damaging swings in blood sugar, says a report published Jan. 28 in the Archives of Internal Medicine. For more information, read the article posted on the Cape Code Times at <http://www.capecodonline.com/apps/pbcs.dll/article?AID=/20080207/LIFE/802070303>.

7. Diabetes, Cholesterol, Anti-obesity Drugs Top Spending

U.S. adult consumers spent nearly \$36 billion for prescription drugs to lower blood sugar, reduce cholesterol, or help with other metabolic problems in 2005, according to the latest News and Numbers from the Agency for Healthcare Research and Quality. To learn more, including the other four classes of drugs that topped the spending charts, see the article posted on Medical News Today at <http://www.medicalnewstoday.com/articles/96461.php>.

8. News and Notes Newsletter

The February 2008 edition of the National Diabetes Education Program's (NDEP's) [News and Notes Newsletter](#) is now online. The newsletter includes information on updated resources and upcoming campaigns.

9. Heart Disease Deaths Continue To Decline In American Women

Heart disease deaths in American women continued to decline in 2005, and for the first time, have declined six years consecutively, covering the years 2000-2005, according to newly analyzed data announced today by the National Heart, Lung, and Blood Institute (NHLBI) of the National Institutes of Health. NHLBI experts analyzed preliminary data for 2005, the most recent year for which data are available. The analysis shows that women are living longer and healthier lives, and dying of heart disease at much later ages than in the past years. The complete article can be found online at <http://www.nih.gov/news/health/feb2008/nhlbi-01.htm>.

10. Acute Allergic-Type Reactions Among Patients Undergoing Hemodialysis --- Multiple States, 2007--2008

The Centers for Disease Control and Prevention (CDC) is investigating an outbreak of acute allergic-type reactions among patients who have undergone hemodialysis since November 19, 2007. The majority of reactions have occurred among adult hemodialysis patients, with onset within minutes of initiating a hemodialysis session. Although the cause of the outbreak is unknown and remains under investigation, the majority of reactions occurred in patients who received intravenous heparin produced by Baxter Healthcare Corporation (Deerfield, Illinois). Baxter voluntarily recalled nine lots of heparin multidose vials after learning of these adverse events among patients who received heparin during dialysis. Read the rest of the article from CDC's Morbidity and Mortality Weekly Report (MMWR) online at http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5705a4.htm?s_cid=mm5705a4_e.

11. SAVE THE DATE: Denim Day is April 24

Denim Day is an effort to promote rape education and awareness. The Missouri Department of Health and Senior Services' Office on Women's Health is encouraging churches and organizations to plan an event to disseminate information for Denim Day. For background information on Denim Day and a link to a toolkit, visit the Office on Women's Health webpage at <http://www.dhss.mo.gov/WomensHealth/DenimDay/>.

12. Weekly Diabetes Recipe

Attached is a recipe for old-fashioned meatloaf, using extra-lean ground beef, garlic, and chili sauce (for extra flavor). The dietary exchange for one serving is 3 meats and 1 starch.

Old Fashioned Meat Loaf

Ingredients:

- 1 Teaspoon Olive Oil
- 1 Cup finely chopped Onion
- 4 Cloves Garlic, minced
- 1 ½ Pounds Extra-Lean Ground Beef
- ¾ Cup Old-Fashioned Oats
- 2 Large Egg Whites
- 1 Cup Chili Sauce, divided
- ½ Teaspoon Black Pepper
- ¼ Teaspoon Salt (Optional)
- 1 Tablespoon Dijon Mustard

Steps:

1. Preheat oven to 375 degrees-F. Heat oil in large nonstick skillet over medium heat. Add onion; cook 5 minutes, stirring frequently. Add garlic; cook 1 minute. Remove from heat; transfer to large bowl. Let cool 5 minutes.
2. Add beef, oats, egg whites, ½ cup chili sauce, pepper, and salt (if desired). Mix well; pack into 9x5-inch loaf pan. Combine remaining ½ cup chili sauce and mustard in small bowl; spoon evenly over top of meat loaf.
3. Bake 45 to 50 minutes or until internal temperature reaches 160 degrees-F. Let stand in pan 5 minutes. Pour off any juices from pan. Cut into slices to serve.

Makes 6 Servings

Dietary Exchanges: 1 Starch, 3 Meat

Calories: 263 (26% of calories from fat)

Total Fat: 7g

Saturated Fat: 3g

Protein: 28g

Carbohydrate: 18g

Cholesterol: 70mg

Dietary Fiber: 4g

Sodium: 690mg